



## Is It Better To Be A Grazer?

Research has not identified that eating 3 meals a day or more frequent meals is more beneficial. Each offers different advantages. Some people find that spreading eating through the day gives them a more even energy level. For people with hard-to-control blood sugar, spreading out eating can help avoid both the blood sugar highs of too much carbohydrate consumed at once, and also the dips in blood sugar that come from going too long without eating. Some people believe spreading their intake through the day keeps metabolism burning faster, but that has not been proven. One of the problems of eating multiple times during the day is that people may tend to grab quick and easy food most of the time. This may mean more snack foods and fewer vegetables, fruits, legumes, or even lean meats, which could result in an overall daily diet that is not nutritionally balanced. Some people find that spreading out their eating prevents the extreme hunger that can lead to overeating, and others find that sticking to three balanced meals a day without snacking is a better way of avoiding the overeating.

For more information on a meal plan that is right for you, contact your local base **Health and Wellness Center** or **Dietitian**.

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